




**MILES TO  
OMAHA...**

**659**

# WEEK 1


## DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 72.5% x 8, 77.5% x 6, 82.5% x 4 or more
2. **Flat DB Press:** 2 x Max Reps using the same weight (Choose a weight that you can get around 20-25 reps with on the 1st set.)
- 3a. **Overhand Grip Rows:** 4x15
- 3b. **Triceps Pushdowns :** 4x15
- 4a. **DB Shrugs (2 Sec Holds):** 3x15
- 4b. **DB Lateral Raises:** 3x15
-  5. **Barbell Complex** (*deadlifts, bent rows, push press, back squat*): 2 sets.  
Perform 10 reps of each exercise. Rest 90 sec. b/t sets.

## DAY 2: LOWER BODY WORKOUT


1. **DB Squat Jumps, holding 10lb. DB's:** 4x6
2. **Squat or Deadlift:** 72.5% x 8, 77.5% x 6, 82.5% x 4
- 3a. **45 Degree Back Raises (hold weight plate over chest):** 3x15
- 3b. **Seated MB Twists (feet off ground):** 3x20 ea side
4. Heavy sled push: 5x20yds

## DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** Chin-up max + 50%
- 2a. **Pulldowns (Wide, overhand):** machine or banded 2 x Max Reps  
(20-25 Reps 1<sup>st</sup> Set, 10-20 2<sup>nd</sup> Set)
- 2b. **Standing DB Military Press:** 2 x Max Reps (15-20 Reps 1<sup>st</sup> Set, 10-15 2<sup>nd</sup> Set)
-  3a. **"Rolling" triceps extensions** – 4x8
- 3b. **Hammer Curls (both arms same time)** – 4x8
4. **Core Circuit:** x2
  - A) Toe Touches x20
  - B) Bicycle x 30 Total
  - C) Side Plank x 30sec each side
5. **100 push-ups as fast as possible:** (Record the time it took you to complete the 100 push-ups)

# WEEK 2


## DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 75% x 7, 80% x 5, 85% x 3 or more
2. **Flat DB Press:** 2 x Max Reps (w/ same weight as last week)
- 3a. **Overhand Grip Rows:** 4x12
- 3b. **Triceps Pushdowns :** 4x12
- 4a. **DB Shrugs (2 Sec Holds):** 3x12
- 4b. **DB Lateral Raises:** 3x12
5.  **Barbell Complex** (*deadlifts, bent rows, push press, back squat*): 3 sets.  
Perform 10 reps of each exercise. Rest 90 sec. b/t sets.

## DAY 2: LOWER BODY WORKOUT



1. **DB Squat Jumps, holding 15lb. DB's:** 4x6
2. **Squat or Deadlift:** 75% x 7, 80% x 5, 85% x 3
- 3a. **45 Degree Back Raises (hold weight plate over chest):** 3x12
- 3b. **Seated MB Twists:** 3x15 ea side
4. Heavy sled push: 5x20yds

## DAY 3: UPPER BODY WORKOUT




1. **Chin-ups (total reps) =** chin-up max + 50%
- 2a. **Lat Pulldowns (Wide, overhand):** machine or banded ,2 x Max Reps
- 2b. **Standing DB Military Press:** 2 x Max Reps
- 3a.  **"Rolling" triceps extensions:** 5x8
- 3b. **Hammer Curls (both arms same time):** 5x8
4. **Core Circuit:** x2
  - A) Toe Touches x20
  - B) Bicycle x 30 Total
  - C) Side Plank x 30sec each side
5. **100 Push-ups:** faster than last week!

# WEEK 3


## DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 77.5% x 6, 82.5% x 4, 90% x 2 or more
2. **Incline DB Press:** 2 x Max Reps using the same weight (Choose a weight that you can get around 20-25 reps with on the 1st set.)
- 3a. **Bent-over 1-Arm DB Rows:** 4x10 ea arm
- 3b. **Triceps Pushdowns:** 4x10
- 4a. **BB Shrugs (2 Sec Holds):** 3x10
-  4b. **Incline rear dealt flyes, pinkies up:** 3x12
-  5. **Barbell Complex (deadlifts, bent rows, push press, back squat):** 4 sets. Perform 10 reps of each exercise. Rest 90 sec. b/t sets.

## DAY 2: LOWER BODY WORKOUT



1. **Squat or Deadlift:** 77.5% x 6, 82.5% x 4, 90% x 2
-  2. **Bulgarian Split Squat Jumps:** 4x5 ea leg (BW only)
-  3a. **Stability Ball Hamstring Curls (keep hips up):** 3x15
-  3b. **Weighted Spread Eagle Sit-ups:** 3x15
4. **Alternating Forward Lunge, holding DB's:** 2x45 seconds
5. **Heavy Sled Push :** 5x20yds

## DAY 3: UPPER BODY WORKOUT




1. **Chin-ups (total reps) =** chin-up max + 60%
- 2a. **Lat Pulldowns (Neutral Grip):** machine or banded 2 x Max Reps (20-25 Reps 1<sup>st</sup> Set, 10-20 2<sup>nd</sup> Set)
- 2b. **Standing DB Military Press (Neutral Grip):** 2 x Max Reps (15-20 Reps 1st Set, 10-15 2nd Set)
3. **1-Arm Rear Delt Flyes:** 4x10 ea arm
-  4. **“Run the rack” DB curls, palms up –** 1 set (Example: 45x8, 35x8, 25x8, 15x8)
5. **Core Circuit:** x2
  - A) Sprinter Sit-ups x 20
  - B) V-ups x 15
  - C) Toe Touches x 15
  - D) Hip-ups x 15
6. **100 Push-ups:** faster than last week!

# WEEK 4



## DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 80% x 5, 85% x 3, 95% x 1 or more
2. **Incline DB Press:** 2 x Max Reps (w/ same weight as last week)
- 3a. **Bent-over 1-Arm DB Rows:** 4x8
- 3b. **Triceps Pushdowns:** 4x8
- 4a. **BB Shrugs (2 Sec Holds):** 3x8
-  4b. **Incline rear dealt flies, pinkies up:** 3x10
-  5. **Barbell Complex** (*deadlifts, bent rows, hang cleans, push press, back squat*): 4 sets.  
Perform 10 reps of each exercise. Rest 60 sec. b/t sets.

## DAY 2: LOWER BODY WORKOUT

1. **Squat or Deadlift:** 80% x 5, 85% x 3, 95% x 1
-  2. **Bulgarian Split Squat Jumps:** 5x5, holding 5lb. DB's
-  3a. **Stability Ball Hamstring Curls (keep hips up):** 3x15
-  3b. **Weighted Spread Eagle Sit-ups:** 3x15
4. **Alternating Forward Lunge, holding DB's:** 2x60 seconds
5. Heavy Sled Push : 5x20yds

## DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** chin-up max + 70%
- 2a. **Pulldowns (Neutral Grip):** 2 x Max Reps (w/ same weight as last week)
- 2b. **Standing DB Military Press (Neutral Grip):** 2 x Max Reps  
(w/ same weight as last week)
3. **1-Arm Rear Delt Flies:** 4x10 ea arm
4. **"Run the rack" DB curls, palms up** – 1 set (Example: 45x8, 35x8, 25x8, 15x8)
-  5. **Core Circuit:** x2
  - A) Sprinter Sit-ups x 20
  - B) V-ups x 15
  - C) Toe touches x 20
  - D) Hip-ups x 15
-  6. **Bodyweight Complex** – 3x through, rest 60 sec. b/t sets
  - A) Mountain Climbers x 30
  - B) Push-ups x 20
  - C) Groiners x 10
  - D) Burpees x 5

# WEEK 5 DELOAD

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## DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 50% x 5, 60% x 5
2. **Flat DB Press:** 2 x 15
3. **Seated Rows:** 2x15
4. **DB Shrugs:** 2x10



5. **Barbell Complex** (deadlifts, bent rows, push press, back squat): 1 set. Perform 8 reps of each exercise w/ just the barbell.

## DAY 2: LOWER BODY WORKOUT



1. **DB Squat Jumps, holding 10lb. DB's:** 2x6
2. **Squat or Deadlift:** 50% x 5, 60% x 5
- 3a. **45 Degree Back Raises, BW only:** 2x10
- 3b. **Seated MB Twists:** 2x10 ea side
4. **Steady State cardio:** walk, bike or elliptical: 20-30min. @ 60-70% of your max HR

## DAY 3: UPPER BODY WORKOUT




1. **Chin-ups (total reps) = 50% of chin-up max**
2. **Standing DB Military Press:** 2 x 15
3. **Incline DB rear delt flyes, pinkies up:** 2x10
4. **Empty Barbell Curls:** 100 total reps (no added weight)
5. **Core Circuit:** x1
  - A) Toe Touches x20
  - B) Bicycle x 20
  - C) Side Plank x 30sec each side

# WEEK 6






## DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 72.5% x 8, 77.5% x 6, 82.5% x 4 or more
-  2. **Off-set, Alternate Med Ball Push-ups:** 2 x max reps
- 3a. **Seated Cable Rows (Double-D handle):** 3x12
- 3b. **Lying DB triceps extensions:** 3x12
- 4a. **Cable Face Pull (2 second hold):** 3x12
- 4b. **Zottman Curls:** 3x12
-  5. **DB Complex (front squat, swings, unilateral curl+press, squat jumps):** 3 \*ascending sets. Rest 60 seconds between sets. \*1st set perform 7 reps of each exercise. 2nd set perform 8 reps of each exercise. 3rd set perform 9 reps of each exercise.

## DAY 2: LOWER BODY WORKOUT



-  1. **Kneeling Jumps (holding med ball or w/ barbell on back):** 4x5
2. **Squat or Deadlift:** 72.5% x 8, 77.5% x 6, 82.5% x 4 or more
-  3a. **Supine Hip Thrust (shoulders & feet elevated):** 3x12
-  3b. **Stability Ball Plank (Ball Under Arms, Feet On Bench):** 3x30 seconds
4. **DB Reverse Lunge, front foot elevated:** 2x10 ea leg
5. **Tabata-style Jump Rope:** Jump rope as fast as you can for 20 seconds and then take 10 seconds off. Repeat this 8-10 times.

## DAY 3: UPPER BODY WORKOUT




1. **Chin-ups (total reps) =** chin-up max + 60%
-  2. **Rest-Pause, 3-Second Eccentric Front Lat Pulldowns (Wide, overhand):** x1
-  3. **Standing DB "Modified Arnold Press":** 3x10
-  4. **Blackburns:** 4 Positions, 15 Seconds each x 2 sets
5. **Cable Curls:** 3x15
-  6. **Core Circuit:** x 2
  - A) V-ups x 20
  - B) Hip-ups x 20
  - C) Alternating Toe Touch (i.e. Right hand to Left Foot, etc) x 15ea side
-  7. **Bodyweight Complex:** 4x through, rest 60 sec. b/t sets
  - A) Mountain Climbers x 30
  - B) Push-ups x 20
  - C) Groiners x 10
  - D) Burpees x 5

# WEEK 7






## DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 75% x 7, 80% x 5, 85% x 3 or more
-  2. **Off-set, Alternate Med Ball Push-ups:** 2 x max reps
- 3a. **Seated Cable Rows (Double-D handle):** 3x10
- 3b. **Lying DB triceps extensions:** 3x10
- 4a. **Face Pull (2 second hold):** 3x10
- 4b. **Zottman Curls:** 3x10
-  5. **DB Complex (front squat, swings, unilateral curl+press, squat jumps):** 4 \*ascending sets. Rest 60 seconds between sets. \*1st set perform 7 reps of each exercise. 2nd set perform 8 reps of each exercise. 3rd set perform 9 reps of each exercise. 4th set perform 10 reps of each exercise.

## DAY 2: LOWER BODY WORKOUT

-  1. **Kneeling Jumps (holding med ball or w/ barbell on back):** 5x5
2. **Squat or Deadlift:** 75% x 7, 80% x 5, 85% x 3 or more
-  3a. **Supine Hip Thrust (shoulders & feet elevated):** 3x15
-  3b. **Stability Ball Plank (Ball Under Arms, Feet On Bench):** 3x45 seconds
4. **DB Reverse Lunge, front foot elevated:** 2x12 ea leg w/ same weight as last week
5. **Tabata-style Jump Rope:** Jump rope as fast as you can for 20 seconds and then take 10 seconds off. Repeat this 10-12 times.





## DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** chin-up max + 60%
-  2. **Rest-Pause, 3-Second Eccentric Front Lat Pulldowns (Wide, overhand):** x1
-  3. **Standing DB "Modified Arnold Press":** 3x8
-  4. **Blackburns:** 4 Positions, 20 Seconds each x 2 sets
5. **Curls:** 3x12
-  6. **Core Circuit:** x 2
  - A) V-ups x 20
  - B) Hip-ups x 20
  - C) Alternating Toe Touch (i.e. Right hand to Left Foot, etc) x 15ea side
-  7. **Bodyweight Complex:** 5x through, rest 60 sec. b/t sets
  - A) Mountain Climbers x 30
  - B) Push-ups x 20
  - C) Groiners x 10
  - D) Burpees x 5







# WEEK 8



## DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 77.5% x 6, 82.5% x 4, 90% x 2 or more
-  2. **Alternate DB bench (flat bench):** 2x10 ea arm
-  3. **Standing Rope "J" Pulldowns:** 4x12
-  4. **3-Way "Shoulder Shocker":** 2x10 ea
- 5a. **Timed DB Shrugs:** 2 x 30sec
- 5b. **Alt. Hammer Curls:** 2x10ea arm
-  6. **DB Complex (front squat, swings, unilateral curl+press, squat jumps):** 5 \*ascending sets. Rest 60 seconds between sets. \*1st set perform 6 reps of each exercise. 2nd set perform 7 reps. 3rd set perform 8 reps. 4th set perform 9 reps. 5th set perform 10 reps.

## DAY 2: LOWER BODY WORKOUT





1. **Squat or Deadlift:** 77.5% x 6, 82.5% x 4, 90% x 2 or more
-  2. **Split Squat Jumps (BW only):** 3 x 20sec.
-  3a. **DB RDL:** 3x12
-  3b. **Plank "shoulder touches":** 3x12 ea shoulder
-  4. **Single Leg "Speed Skater" Squats:** 2x8ea leg
5. **Tabata-style Jump Rope:** Jump rope as fast as you can for 20 seconds and then take 10 seconds off. Repeat this 12-14 times.

## DAY 3: UPPER BODY WORKOUT





1. **Chin-ups (total reps) =** chin-up max + 70%
2. **Drop-Set Front Lat Pulldowns (wide, overhand):** 2x8,6,6 (8 reps, drop 20lbs., 6 reps, drop 10lbs., 6 more reps)
- 3a. **Seated DB "Modified Arnold Press":** 3x8
-  3b. **Incline DB "cleans":** 3x10
4. **Barbell Curls:** 4x8
5. **Core Circuit w/Med Ball:** x2
  - A) Spread Eagle Situps x 15
  - B) Seated Twists x 20ea side
  - C) Toe Touches x 20
-  6. **Barbell Push-ups, descending sets ("18 down to 1"):** Perform 18 barbell push-ups, then 17, then 16, then 15, etc. Rest the least amount of time between sets while still enabling yourself enough recovery time to complete all the reps in each set.

# WEEK 9



## DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 80% x 5, 85% x 3, 95% x 1 or more
-  2. **Alternate DB bench (flat bench):** 2x12 ea arm
-  3. **Standing Rope "J" Pulldowns:** 4x10
-  4. **3-Way "Shoulder Shocker":** 2x10 ea
- 5a. **Timed DB Shrugs:** 3 x 30sec
- 5b. **Alt. Hammer Curls:** 3x8ea arm
-  6. **"BeZercher" Barbell Complex (Zercher squats, Zercher reverse lunges, curl to press, RDL's, bent rows):** 3 \*descending sets. Rest 60 seconds between sets. \*1st set perform 10 reps each exercise. 2nd set perform 9 reps. 3rd set perform 8 reps.

## DAY 2: LOWER BODY WORKOUT

1. **Squat or Deadlift:** 80% x 5, 85% x 3, 95% x 1 or more
-  2. **Split Squat Jumps (BW only):** 3 x 30sec
-  3a. **DB RDL:** 3x10
-  3b. **Plank "shoulder touches":** 3x12 ea shoulder
-  4. **Single Leg "Speed Skater" Squats:** 2x10ea leg
5. **Tabata-style Jump Rope:** Jump rope as fast as you can for 20 seconds and then take 10 seconds off. Repeat this 14-16 times.

## DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** chin-up max + 70%
2. **Drop-Set Front Lat Pulldowns (wide, overhand):** 2x8,6,6 (8 reps, drop 20lbs., 6 reps, drop 10lbs., 6 more reps)
- 3a. **Seated DB "Modified Arnold Press":** 3x8
-  3b. **Incline DB "cleans":** 3x10
4. **Barbell Curls:** 5x6
5. **Core Circuit w/Med Ball:** x2
  - A) Spread Eagle Situps x 20
  - B) Seated Twists x 20ea side
  - C) Toe Touches x 25
-  6. **Barbell Push-ups, descending sets ("19 down to 1"):** Perform 19 barbell push-ups, then 18, then 17, then 16, etc. Rest the least amount of time between sets while still enabling yourself enough recovery time to complete all the reps in each set.

# WEEK 10 – DELOAD

## DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 50% x 5, 60% x 5

2a. **Push-ups:** 2x20

2b. **Neutral Grip Rows:** 2x20



3. **Bicep “21’s” (version 2.0):** 1 set



4. **“BeZercher” Barbell Complex (Zercher squats, Zercher reverse lunges, curl to press, RDL’s, bent rows):** 1 set. Perform 8 reps of each exercise w/ just the barbell.

## DAY 2: LOWER BODY WORKOUT

1. **Kneeling Jumps:** 2x6 (BW only)

2. **Squat or Deadlift:** 50% x 5, 60% x 5



3a. **Stability Ball Hamstring Curls (keep hips up):** 2x10

3b. **Stability Ball Plank (Ball Under Arms, Feet On Bench):** 2x30sec.

4. **Steady State cardio:** walk, bike or elliptical: 20-30min. @ 60-70% of your max HR

## DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** 50% of chin-up max

2a. **Front Lat Pulldowns (Wide Grip):** 2x10

2b. **Seated DB lateral raises:** 2x10

3. **Blackburns:** 4 Positions, 15 Seconds each (1 set)

4. **Cable Curls:** 2x12

5. **Core Circuit:** x2





A) V-ups x 15

B) Hip-ups x 15



C) Alternating Toe Touch (i.e. Right hand to Left Foot, etc) x 15ea side

# WEEK 11

## DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 80% x 4, 87.5% x 2, 92.5% x 1, 97.5% x 1, \*102% x 1 \*If you get 102% with "room to spare", you can add some weight and do another single.
-  2. **DB Floor Press, palms in:** 2 x Max Reps using the same weight (Choose a weight that you can get around 20-25 reps with on the 1st set.)
-  3. **BW Inverted Row (feet elevated if necessary):** 2xMax (Stop set when you can no longer touch your chest to the bar.)
-  4. **Barbell Overhead Shrugs:** 3x15
5. **Rest-Pause Incline DB curls, palms up:** (3xMax, 20 Sec Rest): x1
-  6. **"BeZercher" Barbell Complex (Zercher squats, Zercher reverse lunges, curl to press, RDL's, bent rows):** 4 \*descending sets. Rest 60 seconds between sets. \*1st set perform 10 reps each exercise. 2nd set perform 9 reps. 3rd set perform 8 reps. 4th set perform 7 reps.

## DAY 2: LOWER BODY WORKOUT




1. **DB Squat Jumps, holding 10lb. DB's:** 3x5
2. **Squat or Deadlift:** 80% x 4, 87.5% x 2, 92.5% x 1, 97.5% x 1, \*102% x 1 \*If you get 102% with "room to spare", you can add some weight and do another single.
-  3a. **Single leg supine hip thrust (foot elevated):** 3x10ea leg
- 3b. **DB Side Bends:** 3x15ea side
-  4. **Low box heel touches:** 2x12ea leg

## DAY 3: UPPER BODY WORKOUT



1. **Chin-ups (total reps) =** chin-up max + 80%
- 2A. **1-Arm, 3-Second Eccentric Front Lat Pulldowns:** 2 x 12ea
- 2B. **Standing DB Side Press:** 2x12ea arm
3. **Incline DB rear delt flyes, thumbs up:** 3x15
4. **Eccentric BB Curls:** 2x5 ("cheat" weight up, lower as slow as possible)
-  5. **45lb. Plate Core Circuit:** 15ea. exercise, 2x thru
  - A) Standing Russian Twists
  - B) Standing Side Bends
  - C) Crunches, feet on floor
  - D) Crunches, legs at 90 degrees
  - E) Toe Touches
-  6. **Barbell Push-ups, descending sets ("20 down to 1"):** Perform 20 barbell push-ups, then 19, then 18, then 17, etc. Rest the least amount of time between sets while still enabling yourself enough recovery time to complete all the reps in each set.

# WEEK 12


## DAY 1: UPPER BODY WORKOUT

1. **\*Bench Press:** 185 lbs. or 225 lbs. for 1 set of max reps. \*If you're going to perform the 185-pound rep test, use this warm-up: Barx10, 95x5, 135x3, 165x2, 195x1, (225x1 if strong enough) \*If you're going to perform the 225-pound rep test, use this warm-up: Barx10, 135x5, 185x3, 225x1, 275x1, (315x1 if strong enough)
-  2. **BW Inverted Row (feet elevated if necessary):** 2xMax (Stop set when you can no longer touch your chest to the bar.)
-  3. **Barbell Overhead Shrugs:** 3x15
4. **Rest-Pause Incline DB curls, palms up:** (3xMax, 20 Sec Rest): x1
-  5. **"BeZercher" Barbell Complex (Zercher squats, Zercher reverse lunges, curl to press, RDL's, bent rows):** 5 \*descending sets. Rest 60 seconds between sets. \*1st set perform 10 reps each exercise. 2nd set perform 9 reps. 3rd set perform 8 reps. 4th set perform 7 reps. 5th set perform 6 reps.

## DAY 2: LOWER BODY WORKOUT

1. **DB Squat Jumps, holding 10lb. DB's:** 5x5
-  2. **Low box heel touches:** 3x12ea leg
-  3a. **Single leg supine hip thrust (foot elevated):** 3x12ea leg
- 3b. **DB Side Bends:** 3x15ea side
4. **Tabata-style Jump Rope:** 20 seconds on, 10 seconds off. Go through this as many times as you can handle!

## DAY 3: UPPER BODY WORKOUT

1. **Chin-ups:** 1 x max reps
- 2a. **1-Arm, 3-Second Eccentric Front Lat Pulldowns:** 2 x 10ea
- 2b. **Standing DB Side Press:** 2x10ea arm
3. **Incline DB rear delt flyes, thumbs up:** 3x15
4. **Eccentric BB Curls:** 3x5 ("cheat" weight up, lower as slow as possible)
-  5. **45lb. Plate Core Circuit:** 15ea. exercise, 2x thru
  - A) Standing Russian Twists
  - B) Standing Side Bends
  - C) Crunches, feet on floor
  - D) Crunches, legs at 90 degrees
  - E) Toe Touches
6. **Push-up test:** 1 x max reps of 'regular' push-ups